



A  
BOOK OF  
COOKRYE.

Very necessary for  
all such as delight  
therin.

Gathered by A. W.  
And now newlye en-  
larged with the ser-  
uing in of the  
Table.

With the proper Sauces  
to each of them con-  
uenient.

AT LONDON  
Printed by Edward  
Allde. 1591.



The order how Meats  
should be serued to the  
Table, with their  
*sauces.*

The first course.



Otage or stewed broth,  
boiled meat or stewed meat.  
Chickins and Bacon.  
Pouldred Bœfe.

Pyes, Gouce, Pigge.  
Rosted Bœfe.  
Rosted Veale.  
Custard.

The second course.

R Osted Lamb.  
R Osted Capons,

Chickins.  
Pehennes.

Bakte Venison, Tart.

The seruice ar Supper,

POtage or Sew.  
A Sallet.

A 2

A Pigges

# A Book

A Pigges petitoe.

Powndred Bœf sliced.

A Shoulder of mutton or a brest.

Wele, Lamb, Custard.

The second course.

Capons rosted.

Cunnies rosted.

Chickins rosted.

A Pye of Pigeons or Chickins.

Baked Venison, Tarte.

The service at Dinner.

B Rawne and Mustard.

B Capons clewed in white broth.

A Pestell of Venison upon brewes.

A chine of Bœf & a brest of mutton boild.

Chewets or Pyes of fine mutton.

Thre green geese in a dish, sorrell sauce.

Fox a stubble goose, mustard and vinagre.

After Alhalowen daye a Swian, sauce Chaudron.

A Pigge.

A dubble Rib of Bœf rosted, sauce Pepper and Vinagre.

A logne of Weale or brest, sauce Drenges.

Half a Lamb or a Kid.

Two Capons rosted, sauce wine & salt, Ale

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Ale and Salt except it be vpon sops.

Two Pasties of falow Deer in a Dish.

A Custard.

A Dish of Leash.

The second course.

I Elly.

Pecock, sauce wine and Salt,

Two Cunnies or half a dozen of rabbets.  
sauce Mustard and Sugar.

Half a dozen of chickins vpon sorrel sops.

Half a dozen of Pigeons.

Mallard.

Teale.

Culles.

Hkorke.

Hernsew.

Crane.

Curlew.

Bittur.

Bustard.

Resland, sauce wafer and salt with Onions sliced.

Half a dozen of Woodcocks, sauce Mustard and Sugar.

Half a dozen of Partridges. (sand.)

Half a dozen Railes sauced as the Fe-

A dozen of Quailes.

A Booke

A dish of Larkes.

A patty of red Daere.

Tarte, Ginger bread, Fritters.

Service for Fish daies.

B tiltter.

A Sallet with hard Eggges.

Potage of sand Celes and Lamprons.

Red Herring græn boyled sugar strewed  
vpon White Hering.

Ling. { Sauce Mustard.

Haburdine.

Salt salmon minced, sauce mustard and  
Vinagre and a little Sugar.

Powdred Cunger.

Shad. { Sauce Vinagre.

Mackrel.

Whiting, sauce with liver and mustard.

Plaice, sauce sazrel, or Wine and Salt,  
or Vinagre.

Thorne back, sauce Liver and Mustard,  
Pepper and Salt strewed vpon it af-  
ter it is broled.

Fresh Cod, sauce Grænsance.

Bace, Mullet,

Celes vpon Sops.

Koches vpon Sops.

Perch

of Cookry.

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Perch.

Pike in Pike sauce.

Trout vpon Sops.

Tench in Celly oz in Grissel.

Custard.

The Second course.

Flounders in Pike sauce.

Fresh Salmon.

Fresh Cunher.

Brit.

Turbut.

Holbut.

Bream vpon sops.

Carp vpon sops.

Soles oz any other fish fried, sauce the  
dripping.

Rosted Lampruns. { Sauce galentine.

Rosted Porpos.

Fresh Sturgion.

Crevice.

Crab.

Shrimps.

Baked Lampzye.

Tart. { Chese.

Figges. { Raisins.

Apples. { Pears.

Almonds

A Booke  
Almonds blanched.

To make sauce for capons or Turky  
Fowles

Take Onions and slice them thin, and  
boyle them in faire water till they be  
boyled drye, and put some of the grauie  
vnto them and pepper groce beaten.

Sauce for a roasted Stock Douse.

Take Onions and mince them not too  
small, and boile them in a little claret  
Wine, and when they be boyled almooste  
dry, put thereto Vnagre, Sugar, Pepper  
and some of the graupe of the Stockdouse.

To make sauce for a capon an  
other way.

Take Claret Wine, Rosewater, sli-  
ced Orenge, Synamon and ginger,  
and lay it vpon Sops, and lay your Ca-  
pon vpon it.

Sauce for capons, Pheasant, Partridges  
or Woodcocks.

Onions sliced very thin, faire water  
and pepper groce beaten.

Chauldron

of Cookry.  
Chauldron for a Swan.

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TAKE white Bread and lay it in soke  
in some of the broth that the Giblets  
be sod in, and straine it with some of the  
blood of the Swan, a little piece of the Li-  
uer and red Wine, and make it somewhat  
thin, and put to it Synamon and ginger,  
pepper, Salt and Sugar, & boile it vntill  
it be somewhat thick, and put in two spoon  
full of the graupe of the Swan, and so  
serue it in saucers being warme.

Galandine for a crane or a Hearne or any  
other Foule that is black meat.

TAKE Bread and lay it in soke in vi-  
nagre, and straine it with Vnagre  
and a little Claret wine, boile it on a cha-  
singdish of coles and put in it sugar, Si-  
namon, and Ginger.

For

A Booke

# For Stewed and boyled Meates.

## To stue a Capon.

  
Take the best of the Broth of the pot, and put it in a pipkin, and put to it Corance and great raisins, Dates quartered and onions fine minced, strayed bread & time, and let them boile well together: when they be well boyled, put in your prunes, season it wth cloues, mace, pepper, and very little Salte, a spoonfull or two of Vergious, and let it not be too thick. And your Capon being boyled in a pot by it selfe in fair water & salt to kepe it faire, and thus you may boyle a Chicken, vele, beef or mutton after this sort.

## To stue a Capon in Lemmons.

Slice your Lemmons and put them in a Blatter, and put to them white wine and Rosewater, and so boile them and Sugare till they be tender. Then take the

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The best of the broth wherin your Capon is boyled, and put thereto whole Face, whole pepper & red Cozance, barberies, a little time, & good store of Marow. Let them boile wel together til y broth be almost boyled away that you haue no moze then will wette your Hops. Then poure your Lemmons vpon your Capon, & season your broth with Vergicus and Sugare, and put it vpon your Capon also.

## To boyle a Capon in white broth.

Bfile your Capon in faire licour and couer it to kepe it white, but you must boile none other meat with it. take the best of the broth, and as much vergious as of the broth if your Vergious be not too sower, and put thereto whole mace whole pepper, and a god handfull of Endive, Lettuce or borage, whether of them ye wil, small Raisins, Dates, Marow of marow bones a little sick of whole Synamon, the pple of an orange. Then put in a god piece of Sugar, and boile them well together. Then take two or thre yolkes of egges sodden, and strain them, and thick it withall, & boile your prunes by

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by themselves, and lay vpon your Capon  
poure your broth vpon your Capon.

Thus maye you boyle any thing in  
white broth.

An other to boyle a capon in  
white broth.

First take Marow bones, breake them  
and boyle them and take out the mar-  
rowe. Then seethe your Capon in the  
same licoure. Then take the best of the  
licoure in a small Potte to make your  
broth withall. Then take Corance, Da-  
tes and prunes, & boyle them in a pot by  
themselves till they be plum, then take  
them vp and put them into your brothe,  
then put whole Pace to them and a god  
quantifie of beaten Ginger & some Salt.  
Then put the Marow that you did take  
from the bones, and strain the yolkes of  
Egges with Vlinaiger, and put them in-  
to your broth with a god p̄ce of Sugar  
but after this it must not boyle: then take  
bread and cut therof thin sippits, and lay  
them in the bottom of a dish. Then take  
sugar and scrape it about the sides of the  
dish and lay theron your Capon, and the  
fruit vpon it and so serue it in.

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To make Sops for a capon.

Take Tostes of Bread, Butter, Cla-  
ret wine and slices of Drenges, and  
lay them vpon the Tostes and Synamon  
Sugar and Ginger.

To make Sops for chickins.

Firste take Butter and melt it vpon  
a Chasingdishe with Coales, and lay  
in the Dish thynne Toſtes of Bread, and  
make Sozrell sauce with Mergious and  
Goſebries, ſeeth them with a little ver-  
gious and lay them upon.

To boyle a capon in Browes.

You must boile your Capon with fat  
meat, then take the best of the broth  
and put it in a pipkin, & put whole Pace  
to it, whole Pepper, ſome red Corance,  
half as much white Wine as you haue of  
broth, god ſtore of Marowe and Dates,  
and ſewin them clean and keþ your licour  
very clere, and ſeason it with Mergious  
and Sugar, and then lay your Capon v-  
pon browes finely cut, and ſo poure your  
broth vpon it.

To boyle a Capon.

Take your Capon and boyle it tender,  
and take out a litte of the broth and  
put

## A Booke

put it in a little pipkin with whole mace  
and a good deale of ginger, and quartered  
Dates, and boyle your cozance and prunes  
in very faire water by themselves, for  
making of your broth black and thick-  
ken your broth with yolkes of egges and  
wine strained togither or a little Clergi-  
ous, and let your broth boile no moze  
when you haue thickned it, for it will  
quail. Then cut sippits in a platter, and  
lay in your Capon, and laye your fruite  
vpon it, so doeing serue it out.

### To boyle a Capon with Orenge or Lemmons.

Take your Capon and boyle him ten-  
der and take a little of the broth whē  
it is boyled and put it into a pipkin with  
Mace and Sugar a goddeale, and pare  
thre Orenge and pil them and put the  
in your pipkin, and boile them a little a-  
mong your broth, and thicken it with  
wine and yolkes of egges, and Sugar a  
goddeale, and salt but a little, and set  
your broth no moze on the fire for quai-  
ling, and serue it without sippets.

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### To boyle a Cony with a Pudding in his Belly.

Take your Cony and slay him, & leue  
on the eares and wash it faire, and  
take grated Bread, swete Huet minced  
fine, cozance and some fine hearbs, Pe-  
neriall, winter saury, percelly, Spinage  
or beets, swet margerum, and chop your  
hearbs fine, and season it with Cloues,  
Mace and Sugar, a little creame and  
salt and yolkes of Egs, and Dates minst  
fine. Then mingle all your stuff togither,  
and put it in your Rabets belly and sole  
it vp with a thyd, for the broth take mit-  
ton broth when it is boyled a little, and  
put it in a pot wheras your Rabet may  
lye long waies in it, and let your broth  
boile or euer you put it in, then put in  
Goceberies or els Grapes, cozance and  
swet Butter, Clergious, Salt, grated  
bread and Sugar a little, and when it is  
boyled, lay it in a dish with Sops. And  
so serue it in.

### To boile Chickins or Capons.

First boile them in faire water til they  
be tender. Then take Bread and stāp  
it in the broth of them, and with the  
yolkes

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yolks of four or five Egges, & Vergious  
or white Wine straine it and therewith  
season your broth and your Capon in it.  
Then take Butter, persly and other smal  
herbs, and chop them into it. And so serue  
them forth vpon sops of Bread.

To seeth chickens in Lettice.

**T**ake a neck of Mutton with a marow  
bone, and so let it seethe, and scum it  
clean and let it boyle well togither, and  
when it is enough: then take out some of  
it and straine it, and put in your Chicks-  
kins. Then take a god many Lettuce and  
wash them clean and put them in. Then  
take a little white Bread and straine it  
and put it into the pot to thicke it withal.  
Then put a little whole mace to season it  
with Pepper and Vergious, and a little  
sugar, and cut sops and lay them on, and  
put on the marow and so serue them.

To boyle chickens with heards.

**T**ake your Chickins and scalde them  
and trusse the wings on, & put their  
feete vnder the wings of your Chickins,  
and set them on in a little pot and scum  
them faire, when they haue boyled: put  
in Spinage or Lettuce a god deale, and  
Rosemary

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Rosemary, swēt butter, vergious, salt and  
a little Sugar and strained Bread, with a  
little wine, and cut sippets, and serue it out.

So may you boyle Mutton, or Pigeons,  
or Conny.

To seeth Hennes and capons in Winter,  
in whitebroth.

**T**ake a neck of mutton & a marow bone,  
and let them boile with the Hennes to-  
gether, then take Carret roots, and put the  
into the pot, and then straine a little bread  
to thicke the pot withall and not too thicke,  
season it with Pepper & vergious, and the  
cover them close and let them boyle tog-  
ther, then cut Sops and put the broth and  
the marrow aboue, and so serue them.

To stue capons.

**T**ake the best of your mutton broth and  
put thereto a little whole pepper, and a  
little whole Mace, Marcely, and tyme, and  
boile the. Then put in halfe a dish of swēt  
Butter, Vergious, and a peice of Sugar.  
Then take a god quantitie of Gooseberies,  
and boyle them by themselues in a little  
broth, and poure them vpon your chickens,  
put into your broth a spoonfull of yell.

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### To stue Sparrowes.

Take Ale and set it on the fire, and when it seetheth scum it, and then put in your Sparrowes and small Raisins, Sugar and Sinnamon, Ginger, and Dates, and let them boyle together, and then take marrowe or Butter, and a little vergious, and kepe it close. And when it is enough, make Sops in Platters and serue them sooth.

### To stue Sparrowes.

Take good Ale a pottel, or after the quantities more or lesse by your discretion, and set it ouer the fire to boyle, and put in your Sparrowes and scum the broth, then put therin Onions, Percely, Lime, Rosemary chopped small, pepper and Saffron, with Cloues and Hace, a fewe. And make Soppes as you do for fish, and laye the Sparrowes vpon with the said broth, and in the boeling put in a peice of sweet Butter, and vergious if need be.

### To stue Larkes.

First take them and drawe them cleane, and cpte off their late, and then take a god deale of wine in a platter, and take a god deale of marrow, and put it in y Wine and set them on a Chafing dish, and let them stew there a god while, then take a quantitie

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titie of smal Raisins, and wash them clean and put them into the broth, and take a little sugar, and Sinnamon, and a fewe crums of manchet bread, and put them into the Larkes, and let them stue altogether, then take and cut half a dozen Loxes, and lay them in a Platter, then put them in a dish with broth, and serue them out.

### To stue Sparrowes or Larkes.

Take the best of Mutton broth, and put it in a Pipkin, and put to it a little whole Hace, whole Pepper, Claret wine, Marigolde leaues, Barberies, Rosewater Vergious, Sugar, and Marrowe: or else sweet Butter. Perboile the Larkes before and then boyle them in the same broth and lay them vpon Sops.

### To boile a Duck.

Ceth the Duck with some god marrow bones or Mutton, and take the best of the broth, and put therin a few Clones, & god many sliced onions, and let them boile well together till the Onions be tender, and the season your broth with Vergious, and a little sugar & salt, and a little bruised pepper, take vp your Duck and lay it vpon sops and giue it two slices vpon y brest, and stick it ful of cloues & pour y broth vpon it.

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To stue a wilde Mallard.

**T**AK<sup>E</sup> a wilde Mallard, with a peice of Mutton, and set him on the fire, and let him seeth, and scum him cleane, then straine a little bread and put it in, slice halfe a dozen of Onions, and take whole pepper and put it in, and season it well with Vergious, and couer it close and let it boyle till it be enough, Then put it in a platter and serue it without Sops.

To boyle Stockdous.

**S**eehe them with Beefe or Mutton, Stake the best of the broth and put it in a pipkin, and put thereto Onions finelye minced, and a few Cozance, and so boyle them till they be very tender, and season them with vergious, and a little swet butter, and pour them vpon your Stockdous when they be laid vpon the Sops.

To stue a hindflank of Beefe without fruit.

**B**Oyle your flank of Bef very tender, till the broth be almost consumed, then put the broth into a pipkin, and put to it Onions, Caret roots shred small, being tender sodden before, and pepper groce beaten, vergions, and halfe a dish of swet butter, and so lay it vpon,

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To stue a Neares foot.

**F**irst let your Peats fot be scalded and made cleane. Then take Onions, slice them and boyle them well in faire Water. Then take halfe water and halfe Wine, so much as need to serue for the boiling of the Peats fot (which will be sone enough) and put it in a pipkin, put therin some Cloues, and a little whole pepper, and take the onions out of the water they were sodden in, and put them into the same pipkin, and the Peats foote with them till it be almost inough. Then take a little vergious, halfe dish of swet butter and a little sugar, and let them boyle a little togither, and serue them in vpon Sops.

An other to stue a Neats foot.

**B**Oyle the Onions in Muscadell: and put therinto a fewe Cozance, whole pepper and cloues: then put in your Peats fot and boyle it tender and season it with a good peice of butter, and when they be well boyled, lay them vpon sops and cast about your dish sides a little pouder of Ginger.

To boyle a Leg of Mutton with Lemmons.

**V**EN your mutton is half boyled, take it vp, cut it in small pieces, put

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put it into a Pipkin and couer it close, and put thereto the best of the broth, as much as will couer your Mutton, your Lemmons being sliced very thin and quartered and cozance: put in pepper groce beaten, and so let them boile together, and when they be well boyled, season it with a little vergious, Sugar, Pepper groce beaten, and a little sanders, so lay it in fine dishes vpon sops, it wil make it messe for the table.

To boile Mutton with Endive, Borage, or Lettice, or any kinde of hearbs that may serue the iunto.

V Vhen your Mutton is well boyled, take the best of the broth, and put it in a Pipkin, and put thereto an handfull of Endive, borage, or what herbs you list, and cast thereto a few cozance, and let them boyle well, and put thereto a pace of vpper crust of white bread, season it with pepper groce beaten, and a little Vergious, and a little sugar, & so poure it vpon your meat.

To boile mutton for a sick body.

P ut your mutton into a Pipkin, sett it and scum it clean, and put thereto a crust of Bread, Fennell roots, Pervely roots, Cozance, great Raisins, the stones taken out, and

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and hearbs according as the patient is. If they be colde, hot hearbs may be boorne: If they be hot colde herbs be best, as Endive, Sinammon, violet leaues, and some Roseall: let them boore together. Then put in prunes, and a very little salt, this is broth for a sick body.

To make halles of Mutton.

T ake your Mutton and mince it very fine with Suet. Then season it with Sugar, Sinammon, Ginger, Cloues & Mace, Salt, and raw Egges. Make it in round halles. Let your broth seethere you put the in. Make your broth with Cozance, dates quartered, whole Mace and salt. Thick it with yolkes of Egges, and Vergious, and serue it vpon Sops.

How to boyle Pigges Petitoes.

T ake your Pigs fæt, and the Liver and Lightes, and cut them in small pieces, then take a little mutton broth and apples sliced, Cozance, sweet butter, vergious and grated bread, put them altogether in a little pipkin with salt and Pepper, perboyle your petitoes or euer you put the in your Pipkin, then when they be ready, serue the vpon sippets.

A Booke  
To still a cock for a weake body that  
is consumed.

Take a red Cock that is not too olde, and  
beate him to death, and whe he is dead,  
sley him and quarter hym in small pieces,  
and buse the bones euerye one of them.  
Then take rots of Fenell, persely, and suc-  
cessy, Violet leaues, and a god quantitye of  
Borage, put the Cock in an earthen pipkin  
and betwene euerye quarter some rotes,  
herbs, corance, whole mace, Anis sceds, be-  
ing fine rubbed, and Licozice being scraped  
and sliced, and so fill your pipkin with al the  
quarters of the Cocke, put in a quarter of a  
pinte of Rosewater, a pinte of white wine,  
two or thre Dates. If you put in a pace of  
golde, it will be the better, and halfe a  
pound of prunes, and lay a couer vpon it,  
and stop it with dough, and set the pipkin in  
a pot of seething water, and so let it sathe  
twelve houres with a fire vnder the brasse  
pot that it standeth in, and the pot kept  
with licour twelve houres.  
When it hath sodden so many houres, then  
take out the pipkin, pul it open, and put the  
broth faire into a pot, giue it vnto the weak  
person morning and euening.

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To make a Hodgepodge.

Boyle a neck of Mutton ox a fat rump of  
Beef, and when it is well boyled, take  
the best of the broth and put it into a pipkin  
and put a god many onions to it, two  
handfull of marigold flowers, and a handful  
of percely fine picked and groce Shredded and  
not too small, and so boyle them in the broth  
and thicke it with strained bread, putting  
therin groce beaten pepper, and a spoonfull  
of Minagre, and let it boyle somwhat thick  
and so lay it vpon your meat.

To make puddings of a Swine.

Take the blad of the Swine, and swing  
it, then put thereto minced onions large-  
ly with Salt, and the Suet of the Hog min-  
ced. Then take the guts clean washed, and  
stufte them with the aforesaid stuffe: and so  
sathe them, then broile them vpon the coles,  
and serue them forth.

To make white Puddings of the  
Hogges Liver.

You must perbcile the Liver, and beate  
it in a morter, and then straine it with  
Creame, and put thereto six yolks of Egges  
and the white of two Eggs, and grate halfe  
a halfe,

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a halfe peny loase of light Bread, and put it therto with small Raisins, and Dates, Cloues, Mace, Sugar, Saffron, and the suet of Beefe.

Eislands with Otemeale grotes.

**T**ake a pinte of Creame and sethe it, and when it is hot, put therto a pinte of Otemeale grotes, and let them soke in it all night, and put therto viij. yolkes of eggs, and a little Pepper, Cloues, mace, and saffron, and a god deale of Suet of beefe, and small Raisins and Dates, and a little Sugar.

To make Liverings of a Swine.

**F**irst perboile the Liver, then stamp it in a Morter, and when it is small enough, put it in a vessell, and put to it suet, yolkes of Egges, pepper, cloues, Mace, and Salt. Then take your Cuts cleane washed, and stufte them with the foresaide stuffe, then boyle them, that don serue them sooth.

How to make a Pudding in a

Turnep root.

**T**ake your Turnep root, and wash it fair in warm water, and scrape it faire and make it hollow as you do a Carret roote, and make your stuffe of grated bread, and Apples chopt fine, then take Coxance, and hard

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hard Eggs, and season it with Sugar, Si-namon, and Ginger, and yolkes of hard eggs and so temper your stuffe, and put it into the Turnep, then take faire water, and set it on the fire, and let it boyle oz euer you put in your Turneps, then put in a good paece of sweet Butter, and Claret Wine, and a little Vnagre, and Rosemarye, and whole Mace, Sugar, and Coxance, and Dates quartered, and when they are boyled inough, then will they be tender, then serue it in.

A Pudding in Egges.

**T**ake and boyle your Egges hard, and blanch them, and cut off the Crowne of them, and take then of the yolkes and chop them, Beetes boyled, and yolkes of hard egges, grated Bread, and Coxance, Halte Sugar, Si-namon, and Ginger, and then put the yolkes of rawe Egges, and mingle them altogether, then put in your Egges, then for your broth take a little Button broth, Coxance, Dates, Sugar, a little salt and butter, thicken it with yolkes of Eggs, Bergions and a little sugar, so serue it in.

A Pudding in a Tench.

**T**ake your Tenche and drawe it very cleane, and cut it not ouer lowe. Then take

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Take beets boiled, or Spinage, and choppe it with yolks of hard Egges, Corance, grated Bread, salt, Pepper, Sugar and Synamon, and yolks of raw Egges, and mingle it together, and put it in the Tenches bellye, then put it in a platter with faire water and sweet butter, and turn it in y Platter, and set it in the Duen, and when it is i-nough, serue it in with sippits and pours the licour that it was boyled in vpon it.

To make a pudding in a Carret root.

Take your Carret root and scrape it fair, then take a fine knise and cut out all the meat that is within the roote, and make it hollow, then make your pudding stiffe of the liver of a gooce or of a Pig, with grated bread, Corance, Cloues and mace, Dates, Pepper, Salt and Sugar, chop your Liver very small, and perboile it ere you chop it, so done, put it in your hollow root. As for the broth, take mutton broth with corance, carrots sisse, salt, whole Pace, sweet Butter, Tiergious and grated bread, and so serue it forth vpon sippets.

A Pudding in a Cowcumber.

Take your Cowcumber and cut out all the meat that is within it, then take a Liver

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Liver of a Lamb or Pigge, and Grapes or Coocheberies, and grated bread, pepper, salt, Cloues and mace, and a little suet, and the yolkes of thre Eggs, and mingle altogether and put in the Cowcumber, and let your broth boile or ener you put it in: the broth must be made of Mutton broth, Minagre, and Butter, strained bread, and Salt, and so serue it out.

How to dresse Neatstungs.

First boile them till they be very tender, then make tostes of bread, and toste them till they be very black, then wash the same tostes in faire water, and put them in a faire earthen Tessel, and then put to them flesh broth, Minagre, red Wine, Synamon and Ginger, and straine these altogether, so that it be not too thick, and put thereto Sugar and salt, and boyle all these together, then cut your tungs in faire leshes, and so slye them in sweet Butter, and that done, put the Leshes into your sauce, and then let them boile well together, and so serue them with the same sauce.

A broth for a Neatstung.

Take Claret wine, grated Bread, Corance, sweete Butter, Sugar, and Synamon,

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namon, boyle them altogether. Then take the Peats tung and slice it and so lay it in your dish with lippets and serue it in.

### A boyled Sallet.

Take Spinage and boyle it and chop it, and when it is chopt, poure it in a little Pipkin, with Cozance, sweete Butter, Cinnagre, and Sugar, boyle them altogether, and when they are boyled put it in a dishe, and lay lippets round about, and strew suger vpon them and serue them out.

## ¶ For Fish.

### To seethe a Pike.

Coure your Pike with bay Salte, and then open him on the back, faire washe him, and then cast a little white Salte vpon him. Set on faire water wch seasoned with Salte. When this licour seetheth, then put in your Pike and fair scum it, then take the best of the broth when it is sodden, and put it in a little Chaser or Pipkin, and put thereto parcellly and a little Time, Rosemary, whole Dace, god Pest, and half as much Vergious as you haue licour, and boile the togither, and put in the Liver of the Pike,

and

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and the kell, being cleanscaled and washed, and let them boyle well, then season your broth with pepper groce beaten, with salt not too much, because your licour is Salte that your Pike is boyled in, put therein a good peice of swete Butter, and season it with a little Sugar that it be neither too sharpe nor too swet. So take vp your pike and laye it vpon Hops the skinny side vpward, and so lay your broth vpon it.

A Pike sauce for a Pike, Bream, Perch, roch, Carp, Flounders, and all manner of Brooke fish.

Take a posie of Rosemary and Time, and bunde them together, and put in also a quantity of Parcelye not bound, and put it into a Cauldron of water, salte, and Pest, and the hearbs, and let them boyle a prettie while, then put in the fishe, and a god quantitie of Butter, and let them boyle a god while, and you shall haue your Pyke Dauce. For all these fisches aboue written if they must be broyled: take sauce for them, Butter, Pepper and Cinnagre, and boyle it vpon a chafingdish, and then lay the broyled fish vpon the dish, but for Geles and fresh Salmon nothing but

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but pepper and WInagre ouer-boyled, and also if you will frye them, you must take a god quantity of Percely, after the Fish is fryed, put in the percelye into the Frying pan, and let it frye in the butter, then take it vp and put it on the fryed Fish, as fryed Plaice, Whiting, and such other fish, except Celes, fresh Salmon and Cunger, which be never fried, but baked, boyled, roasted and sodden.

### How to seeth a Carpe.

Cut the throat of your Carp, & sauе the blood in a saucer, and take your Carpe and scour him with Salt, take out the gal and the Guts, and leaue the Liver and the fat in the belly of the Carp, set on your licour, water and Salt to saeth him, and whe your licour saethes, put in your carp or euer he be dead, and take god hæde for springing out of the Pan, for it is euer god to saeth fish quick, for it maketh the fish to eat hard.

Take the best of the broth and a little red Wine, god stroze of Vergious, new yeast, with the blood of the Carp strained, and so put it in a Pipkin with Corance, whole Pepper, and boyle them altogether, put thereto half a dish of sweet butter, and a lit-  
tle time, and Barberies if you haue them,  
and

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and when they be well boyled, season it not to sweet nor to sharpe, and then poure it vpon your Carpe.

### To seeth Roches, Flounders, or Eeles.

Make ye god broth with new yeast, put therin vergious, salt, percely, a little time, and not much rosemary and pepper, so set it vpon the fire and boile it, and when it is well boyled put in the Roches, floun-  
ders, Celes and a little sweet butter.

### To seeth a Gurnard.

Open your Gurnard in y back, and faire wash and saeth it in water & Salt, with the fishy side vpward, and when it is well sod, take some of the best of the broth if you will, or els a little fair water, and put to it new yeast, a little vergious, percely, rosemary, a little time, a p̄ce of sweet butter, and whole Mace, and let it boyle in a pipkin by it self till it be well boyled, and then when you serue in your Gurnard, poure the same broth vpon it.

### To seeth a Dory or a Mullet.

Make your broth light with yeast, some-  
what sauery with salt, and put therin a little Rosemary, and when it saethes put in your fish, and let it saeth very softly, take faire water and vergious a like much, and

C,

put

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put thereto a little new Yest, corance, whole pepper and a little Mace, and Dates shred very fine, and boyle them wel together, and when they be well boyled, take the best of your broth that your fish is sodden in, and put to it Strawberyes, gooseberyes, or barbery, swat Butter, some Sugar, and so season vp your broth, and poure vpon your Dory or Mullet.

To seeth Turbut or Cunger.

Set on water and salt, and season it wel, if the Turbut be great quarter him into four quarters, if he be small, cut him bus in halfe, if it be a Burt, sethe it whole after this sort. When your licour doth sethe, put in your fish and let it sethe very softly till it be sodden enough, and when it is sodden, take it not vp till the licour be colde. Then take halfe white Wine, with Vnagre and the broth that it was sodden in, and lay the fish in it to souce. Cungar, Sturgion, and all fish that is to be souced, in like manner saving you must sethe your Sturgion in water and Salte, and souce it with white Wine.

How to seeth Shrimps.

Take halfe water and halfe bære or Ale, and some salt good and sauery, and set it on

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on the fire and faire scum it, and when it sethe a full wallop, put in your Shrimpes faire washed, and sethe them with a quick fire, scum them very clean, and let the hane but two walmes, then take them vp with a scummer, and lay them vpon a fair white cloth, and sprinkle a little white salt vpon them.

## Bake Meates.

For fine Pyes of Veale or Mutton.

Derboyle your meat and shredde it fine, and shred your Huet by it selfe. When your Huet is fine shred put it to your Mutton or Veale and mince them togither, put thereto halfe a dozen yolkes of Eggges being hard sodden and fine minted, small Corance, dates fine minced, season it with cloues and mace, Synamon and Ginger, a very little Pepper, a handfull of Carowaines, Sugar and Clergious, and some Salt, and so put it into your paste being Chewets or Trunk pyes.

For Pyes of Mutton or Beefe.

Shred your meat and Huet togither fine, season it with cloues, mace, Pepper, and some

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some Saffron, great Raisins, Cozance and prunes, and so put it into your Pyes.

To bake a Neats tung.

**S**eth your Meats tung very tender and Slice it diamond slices, wash it with ver- gious, season it with Pepper and salt, sina- mon and ginger, then lay it into your coffin with Cozance, whole Mace, Onions being very small minced, with Marow or else ve- ry sweet butter, some Sugar & some dates being very small minced, and put therem some vergious.

To bake a Pigge.

**T**ake your Pig and scia it, and draw out all that clean which is in his bellye, and wash him clean, and perboyle him, season it with Cloues, mace, nutmegs, pepper & salt, and so lay him in the paste with god forme of Butter, then set it in the Ouen till it be ba- ked enough.

To bake a gammon of Bacon.

**T**ake your Bacon and boyle it, and stiffe it with Parsely and Sage, and yolks of hard Egges, and when it is boyled, stiffe it and let it boyle againe, season it with Pep- per, cloues and mace, whole cloues stick fast in, so tyen lay it in your paste with salt but- ter.

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To bake Chickins.

**S**ason them with cloues, mace, sinamion Ginger, and some pepper, so put them in- to your coffin, and put thereto cozance dates Prunes, and sweet Butter, or els Marow, and when they be halfe baked, put in some sirup of vergious, and some sugar, shake the togither and set them into the ouen again.

Bake Sparowes, Larkes, or any kinde of small birds, calves feet or cheapes tunges after the same manner.

To make a Chicken Pye.

**S**Calde the Chickins, draw them, and pull out the brest bones, then season the with cloues and mace, Pepper and Salte, and if you haue them grapes, or gooseberies: when you haue so don, make paste of fine flower, and put in your Chickins, and set them in the Ouen, then boyle foure Eggs hard, then take the yolks and strain them with vergi- ous, and put Sugar thereto and put it into your chicken pye when it is half baked, and when it is ready to be serued in, annoint it over with butter, Sugar & rosewater, then put it into the ouen til you serue them in.

To bake Chickins without fruit.

**S**ason your Chickins with cloues, mace and pepper, lay the into your paste with

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sweet

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swēt butter, goſeberies, ſugar and whole  
mace. And when they be well baked, put  
thereto vergious yolkes of egges strained.  
Shake them togither and ſet them into the  
Duen againe.

To bake Pigeons.

Sealon them with Pepper, ſalte, and ver-  
gious, and lay the in your paſte, and put  
to them ſweet Butter, goſeberies, and two  
or thre ſpoonfull of vergious.

To bake Crane or Bustard.

First take him and perboyle him a little,  
and then take ſwēt Lard and Lard him  
withall, the put it into the Coffin, and take  
Pepper and ſalte, and ſeason them togither  
and caſt it vpon it, and take butter, and put  
it into the Coffin, and ſo let it bake þ space  
of foure houres, and ſerue them forth.

To bake Geece or Capons.

Sealon them with pepper and ſalte, put  
Butter thereto, and prick your geſe with  
ſome Cloues.

To bake Turky Fowles.

Cleue your Turkye foule on the back,  
and brule al the bones. Seazon it with  
Pepper groce beaten and ſalte, and put into  
it god ſtore of Butter, he muſt haue fiue  
houres baking.

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To bake Fefant or Partriges.

Bake your Fefant or Partridge as you  
do your capon with Pepper and Salt,  
and draw them with Lard if you wil, and  
put to them ſwēt Butter.

How to bake Sparrowes or other  
ſmall birds.

Make paſte of fine floure, egges, butter  
and faire water, therof make Coffins  
then ſeason your birds with ſugar and gin-  
ger, then take god cheſe cleane ſcraped and  
ſmall minced with a little Butter, and put  
them into your coffins and put thereto your  
birds, and close it till it be enough.

To bake Capons or Chickins.

Take paſte as is aforesaid, and ſeason the  
Capon with ginger, ſalt and Vergious.  
then take Lard and mince it meetlye ſmall,  
and put that firſt into the Coffin, then put  
your Capon vnto it with the breſk down-  
ward, ſo couer it and bake it, when it is al-  
most enough, put into it the yolkes of thre  
or foure Egges strained through a ſtrainer  
with a little vergious, and ſo let it ſtand til  
it be enough.

To bake wilde Ducks.

Vhen they be fair dressed and perboi-  
led, ſeason them with Pepper and  
Salt, a few whole cloues amongſt the, and  
Onions

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Onions small minced, and swēt butter, ver-  
gious and a little sugar.

For to bake Mallards.

First truse them and perboyle them, and  
put them into the coffin, then take pep-  
per and Salt, and season them and seare ou  
fine onions, peeled and sliced, and put them  
altogether with a god pice of swēt butter  
vnto the Mallards, and so let the bake two  
houres, and when they be baked, put in halfe  
a goblet of Vergious for euery Mallard,  
and so serue them.

How to bake pyes of Calues feet.

Take Calues feet and wash them, boyle  
and blanch the haire of them, season the  
with cloues and mace, and a little pepper,  
vergious and sugar, dates, prunes, cozance,  
and swēt butter, then make your paste of  
fine flower with yolkes of Egges, and raise  
the Coffin square, when it is hale baked,  
then take it out and put in Vergious and  
sugar with the yolkis of hard Eggs strained.

How to bake Conies, Rabets, or Hares, with  
fruit or without fruit.

Season them with Pepper and Salte,  
Cloues and mace, and so laye them into  
your paste with Cozance ou Prunes, great  
Raisins

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Raisins and if you will: butter and a little  
vergious.

To bake small meats.

Take Egges and sethe them hard, then  
take the yolkes out of them and braye  
them in a morter, and temper them with  
Creame, and then straine them, and put to  
the Pepper, Saffron, Cloues, Mace, small  
raisins, Almonds blanched and small shred,  
and grated bread.

Take Peares also sodden in Ale, and bray  
and straine them with the same Licour, and  
put thereto Mallard and Honey, and put it  
into a pan and stir it on the fire til it be wel  
sodden, then make little coffins and set the  
in the Ouen til they be hard, and then take  
them out againe, and put the foresaid licour  
into them and so serue them forth.

To make small bake meats of Sirup  
and Peares.

Take Peares and sethe them in Ale,  
then bray them and straine them and  
put Sanders to them and Ale, with the spi-  
ces aforesaide, and the Coffins in likewise  
ordered, and so put in the sirup.

How to bake Venison.

VVhen it is perboiled, season it with  
Salt and Pepper somewhat groce  
beaten

beaten, and a little Ginger, and good stoe of sweet Butter, and when the Venison is tender baked, put to it half a dozen spoonfull of Claret wine, and shake it well togither.

To bake Venison to eat hot.

**C**ut the Venison in faire p̄ces, in quantity as you will haue your pasties, and perboile it, that don. Stick the grain side ful of Cloues, and Lard the lean side with good lard, and season it with pepper, salt, and all manner of spices; then put the grained side of the venison downwards into the coiffin of brown paste, and so close it and bake it, and whē it is open turn the grain side uppward.

To bake Venison to eat colde.

**T**ake Venison and cut it as the graine goeth, and cut it in quantity as ye wil haue your Pasties, and perboile it in faire water, then take Lard and cut it in length of your flesh, and therwith lard it as thicke as you can, so that one p̄ce of the Larde touch not an other. Then take all manner ofspices, salt, and Vinagre, that don, put it into brown paste and bake it.

To bake Venison of red Deere.

**L**aye it in water, and then wash it very clean out of y water, if it be clean draw it with Larde, then take meale and fist it, and

and take faire licour and let it boile, & make your paste with that, then take Wæſe suet, mince it and beate it, dryue out your paste very thick, close it and let it bake six houres when it is half baked, take Cloues & mace and Vinagre, and so boile the togither, put them into your redde Deere, at a little hole made for that purpose. And when you haue so done, stop the hole with some of the same dough, and then set it in againe vntill it be inough.

To bake Venison of Fallow Deere.

**L**aye it in water and wash it very clean, then perboile it, if it be of the side, raise the skin of it: if it be of the haunch, presse it: season it with pepper and salt, take good stoe of Dre Suet, and mince it very fine, when you haue minced it, beat it, the take Flower, butter and Egges and make your paste stiffe, then dryue it out, and then put in your suet and Venison and close it, then take the yolk of an egge and a little beere, and wet it ouer, and let it bake fourte houres, and then serue it in.

To bake the Vimbles of a Deere.

**M**ince them very small with Suet, and season them with Pepper, a little Ginger,

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Ginger, a little Synamon and Cozance, and put into your paste, and when your pye is baked put to it two spoonfuls of Claret wine, and shake it well togither.

To bake a Pig like a Fawne.

Fley him when he is in the haire, season it with pepper and salt, Clovers and mace, take Claret wine, Vergious, Rosewater, Synamon, Ginger and Sugar, boyle them togither, laye your Pig flat like a Fawne or a Kidde, and put your Syrup vnto it and sweet butter, and so bake it leisurely.

To make Florentines.

Take Meale and some of the Kidnycy of the Loyne, or colde Meale roasted, colde cappon or Phesant, which of them you wil, and mince it very small with sweet suet, put vnto it two or three yolkes of Eggs, being hard sod, Cozance and dates small shred, season it with a little Synamon and ginger, a very little cloves and mace, with a little Salte and sugar, a little Lime being finely shred. Make your paste fine with butter & yolkes of Eggs and Sugar, role it very thin and so lay it in a platter with butter vnderneath: and so cut your couer and lay it vpon it.

A Florentine of Flesh.

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Take the Kidnies of Meale and chop them very small with Cozance, Dates, Synamon and Ginger, Sugar, salt, and the yolkes of thre Egs, and mingle altogether, and make a fine paste with yolkes of egges, and butter, and let there be Butter in your dish bottome, then drine them to small Cakes, and put one in the dish bottom, and lay your meat in, then lay your other vpon your meat, and close them togither, and cut the couer and it, when it is baked the Srew Sugar and serue it out.

A Florentine of Fish.

Take apples, grated bread, Cozance, and chop your apples verye fine, and mingle your stuffe with yolkes of Egs, and drine out your paste as you do the other, put butter in your dish bottom and so serue it out.

To make Florentines with Eeles for  
Fish dayes.

Take great Eeles, slaye them and perboyle them a little, then take the fishe from y bones, and mince it small with some Wardens amongst it, to make it to mince small, and season it with cloves and mace, pepper, Cozance and Dates, and when you lay it into your paste, take a little fine Sugar and lay it vpon before you couer it, and when

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When it is halfe baked or altogither, laye a  
piece of sweet Butter vpon the couer, and a  
little rosewater and sugar. After the same  
manner, minced pyes of Geles.

To make a Florentine.

Take the Kidney of Weale and boyle it  
a little, choppe it very fine. Then take  
Cloues, Mace and Pepper, and season it  
withall, then take an ounce of Biskets and  
asmuch of Carowayes, and put into your  
stiffe, make your paste of fine floure, butter  
Egges and Sugar, and drine your paste ve-  
ry thin, and lay a sheet of paste in a dish and  
vnder it lay a little butter, and spread it a-  
broad with your thumb, then lay your meat  
aloft on it in the dishe, then make the other  
sheet and cut it and lay it vpon your meat.  
Then close it and cut it round about like a  
Starre, and set it in the Duen and let it a-  
bide a quarter of an houre, then take it out  
and wet it ouer with Butter, then cast su-  
gar wet with rosewater vpon it, then set it  
into the Duen again a little while, then take  
it out and serue it in.

How to make Chuets.

Take the Weale and perboyle it and chop  
it very fine, take base Suet and mince  
it fise, then take Prunes, Dates and  
Coyance,

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Coyance. Wash them very clean and put the  
into your meat, then take Cloues, Mace,  
and pepper to season your meat withal and  
a little quantity of salt, vergious and Su-  
gar, two ounces of biskets, and as many of  
Carowayes, this is the seasoning of your  
meat, then take fine flowre, yolkes of Eggs,  
and butter, a little quantite of rosewater  
and sugar, then make little coffins for your  
Chewets and let them bake a quarter of  
an houre, then wet them ouer with butter,  
then strewe on Sugar and wet the Sugar  
with a little Rosewater, and set them into  
the Duen again, then take and serue fise in  
a dish.

How to bake Vaunts.

Take the kidney of Weale and perboile it  
till it be tender, then take & chop it small  
with the yolkes of three or four Egges, then  
season it with Dates small cut, small rais-  
ins, Ginger, Sugar, Cinnamon, Saffron  
and a little Salte, and so the paste to laye  
it in. Take a dozen of Egges both the white  
and the yolkes, and beate them well tog-  
ether, then take Butter and put it into a  
frying pan, and fry them as thin as a pan-  
cake, then lay your stiffe therin, and so frye  
them togither in a pan, then cast sugar and  
Ginger

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Ginger bpen it, and so serue it forth.

How to make Pescods.

First make short paste with yolks of eggs, butter and a little sugar. Then take for the stiffe, Marow, small raisins, dates, Synamon, Sugar and Ginger, and then frye them with swet butter, and whē you serue them, cast on Sugar and Synamon.

How to bake Ecles whole.

VVhen they be fleyed & clean washed, season them with vergious, pepper, and salt, Cloues and mace, and put to them cozance, great Raisins and Prunes, swete butter and Vergious.

To bake Lamprons.

Faire scourre them or fleye them, and season them with pepper and Salt, and put to them some onions, vergious, butter and Disters.

How to bake Lamprons fine.

Put to them small Raisins and Onyons minced very fine, and dates minced fine, a little whole Mace, some Prunes, if you will butter and vergious.

How to bake a Lamprey.

VVhen you haue fleyed and washed it clean, season it with Pepper, and salt, and make a light Gallandine and put

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put to it god stoe of butter, and after this soſt you must make your gallandine. Take white bread tolles and lay them in kepm Claret wine, or els in vergious, & so braine them with vinate, and make it somewhat thin, and put sugar, Synamon and ginger, and boyle it on a Chasing dish of colcs, this Galandine being not to thicke, put it into your pye of Lamprey, and after this soſt shall you bake Porpos or Duffins.

To bake Carp, Bream, Mallet, Pike, Trout, Roche or any other kinde of Fish.

Season them with Cloues and Mace, and pepper, and bake them with smal raisins, swete butter and Vergious, great raisins, and some prunes.

How to bake a Holibut head.

First water it till it be fresh then cut it in small pieces like Culpines of an Eale, and season it with pepper & Maffion, cloues and mace, small raisins & great, and meddie al these wel togither and also put thereto a god messe of vergious, and so bake the same fish.

How to bake Cunger.

Season it with pepper and salt and make your pies but euen next for one gubbin, and put to it swet butter, & let it not drye.

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### To bake a Stockfish.

**S**eson your Stockfish with pepper & salt and lay it into y<sup>e</sup> paste, and put god stoe of butter to it, and dred onions small, and perclly, and cast it vpon the Stockfish, & put a little vergions vnto it, and bake it.

### How to bake watered Hettins.

**L**et your Hettins be wel watered, and season them with Pepper and a little Cloues and mace, and put vnto them minced Onions, great raisins and small, a little sweet butter, and a little sugar, and so bake them.

### How to bake Custards.

**T**ake to every plinte of Cream ffe Egs, and put in no whites, and straine your Cream and Eges together, season it with Cloues & mace and sugar, and when your paste is well hardened in the Duen, having small raisins & dates put in your stiffe, and let it not bake too much, for much baking will make your Custard to qualle, or else to fall. Doucets after the same sorte.

### How to bak Wardens.

**C**ore your wardens and pare them, and perboyle them and laye them in your paste, and put in every warden where you take out the Coze a Cloue or twain, put to them

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Sugar, Ginger, and Sinamion, more sinamion then ginger, make your crust very fine and somewhat thick, and bake them leisurely.

### How to bake Quinces.

**T**ake half a pound of Sugar, and a dozen of Quinces and pare them, take half an ounce of Sinamion and Ginger, take fine flower, sweet butter, and Egges, and make your paste, then put in all your stiffe and close it vp.

### Another to bake Quinces.

**C**ore your Quinces and fair pare them, perboyle them in saething licour, Wine or water, or halfe wine and halfe water, and season them with Sinamion and sugar, and put halfe a dozen Cloues into your Pyes amongst them, and halfe a dozen spoonful of rosewater, put in god stoe of sugar. If you will bake them a sligter waye, you maye put in Muscadell to spare Sugar.

### How to bake Orenge.

**F**aire peele your Orenge, and pick away all the white that is vnder the peele, and so lay them in fine paste, and put into them Sugar, very little Sinamion or none at all, but a little Ginger and bake them very leisurely.

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*Roast Meates.*

To roast Venison.

First perboile it, and then make it tender  
cast it into cold water, then Lard it and  
roste it, and for sauce take broth, Vnagre,  
Pepper, Cloues and mace, with a little salt  
and boile these togither and serue it vpon  
your Venison.

How to roast a Hare.

VVash him in faire water, the perbole  
him, and lay him in colde water a  
gaine, then Larde him and roast him on a  
Broche, then to make sauce for him, take  
red vnuagre, Salt, Pepper, ginger, Cloues,  
Mace, and put the togither, then mince ap  
ples and onions, and syr them in a Panne,  
then put your sauce to them with a little  
sugar, and let them boyle well togither, the  
baste it vpon your Hare, and so serue it.

To roast a Capon.

YDu must roste a Capon with his head  
off, his wings and Legs on whole.

Roste a Pheasant.

QAs a Capon, and when you serue him in,  
wick one of his fetheres vpon his brest.

Partridge as a Pheasant, but no Fether.

Roste a Quaile,

With

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With his legs broken and knit one within  
an other.

Roast a Crane.

With his legs turned vp behinde him, his  
wings cut of at yoynt next the bodye, and  
then winde the neck about the broche, and  
put the bill into his brest.

Heron, Curlew and Bitter, as a Crane: but  
the Bittures head must be of.

Roste a Plover.

With his head off, and his Legs turned vp  
ward vpon his back.

Roast a Snite.

With his Bill put into his brest, and his  
Legs turned vpward vpon his brest.

To roast Woodcocks.

First pluck them, and draw out the guls,  
leauie the Liver full in them, then stuffe  
them with lard chopped small, and Jenoper  
beryes, with his bill put into his brest and  
his feet as the Snite, and so roast him on a  
spit, and set vnder it a faire large pan with  
white wine in it, and chopped Percely, Vn  
agre, salt and ginger, then make tostes of  
white bread, and toste the vpon a grediren,  
so that they be not brent, the put these tostes  
in a dish, and lay your woodcocks vpon them  
and put your sauce y same broth vpon the,

D 3

and

A Booke  
and so serue them forth.

To make Allowes of Ecles.

**T**ake and splat an Eccl by the back, and keepe the belly whole, and so take out the bone, then take onions, pretely, Lime, and Rosemary chopped together, and put thereto pepper and salt, and a little Saffron, and so lay it vpon the Ecles, and the wrap it vp in Culpines, and put them vpon a spit and so roast them.

To make a Frycace of colde Mutton  
or Veale.

**C**hop flesh small and fry it in sweet butter, and then put thereto a little white wine, Salt, and Ginger, and serue it forth in faire dishes.

To make a Fricace of Goose giblets or  
Henne, or Capons.

**F**irst cut them in pretty pieces, and so boile them in Water til they be tender, then fry them in butter, and so serue them forth with powder of Ginger and Salt.

To make a Fricace of a good Haddock  
or Whiting.

**F**irst seeth the fish and scum it, and pick out the bones, take Onions and chop them small then fry them in Butter or Dyle till they be enough, and put in your fish, and frye

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frye them till it be drye, that doen: serue it forth with pouder of Ginger on it.

To fry Whitinges.

**F**irst slay them and wash them clean and scale them, that doen, lap them in floure and frye them in Butter and oyle. Then to serue them, mince apples or onions and frye them, then put them into a vessel with white wine, vergious, salt, pepper, cloues & mace, and boile them togither on the Coles, and serue it vpon the Whitinges.

To fry a Cods head.

**F**irst cleue it in pieces and washe it clean and frye it in Butter or Dyle. Then cut Onions in rundels and so frye them, that doen put them in a vessell, and put to them red wine or vinegar, salt, ginger, sianion, cloues & mace, and boile all these well together, and then serue it vpon your cods head.

Tartes.

To make a Tarte of Cheese.

**T**ake good fine paste and drye it as thin as you can. Then take cheese, pare it, mince it, and braye it in a morter with the yolks of Eggs till it be like paste, then put it in a faire dish with clarified butter, and the

## A Booke

put it abroade into your paste and couer it with a faire cut couer, and so bake it: that done, serue it forth.

To make a Tarte of Prunes,

**T**ake Prunes and wash them, then boile them with faire water, cut in halfe a peny loaf of white bread, and take them out and straine them with Claret wine, season it with sinamon, Ginger and Suggar, and a little Rosewater, make the paste as fine as you can, and dry it, and fill it, and let it drie in the ouen, take it out and cast on it Biskets and Carawaines.

Tartes of Damsons without a couer.

**S**calde your Damsons with rosewater in a Blatter, and then strain them and season them with sugar, sinamon, and ginger, and so make a Tart without a Couer.

Tartes of Damsons with a couer.

**L**ay in your Damson whole, and so season them with sugar, Sinamon & Ginger, and so lay on a couer.

Tartes of Cherries.

**P**luck off your stalks and lay your Cherries into your paste and season the with sugar, sinamon and ginger, and lay a couer vpon them

Tartes of Gooseberies.

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**L**ay your Gooseberies in your crust, and put to them sinamon and Ginger, Suggar and a few small raisins put among the, and couer them with a Couer.

Tartes of Apples with couers.

**M**ince your Apples very small, season them with Suggar, sinamon & ginger, and laye thereon a faire couer, and dress your couer when it is halfe baked with Rosewater and Suggar.

Tartes o' Apples without couers.

**B**ople your Apples very tender in a littele wine, or for lack of Wine Ale, and then strain them with Suggar, sinamon and ginger. Make a tart of it without a couer.

Tartes of Quinces without couers.

**S**traine your Quinces with some wine, whē they be boiled tender, and an apple with them, or two or three Wardens, strain them and season them with Suggar, Sinamon and Ginger, and so make a tarte without a couer.

Tarte of Quinces with couers.

**W**hen your Quinces be very tender and colde, mince them with two or three Wardens amongst them and season them with sugar, sinamon and ginger, and so the paste being very fine, lay a couer vpon the.

Hew

## How to make Tarteres of Spinage.

**B**ryle your Spinage very tender, and thrise or fourre apples with it, and when it is very tender, straine it through a faire cloth, and then season it with the yolk of an egge, Sugar, Synamon, and Ginger.

## Tarteres of Boorage after the same fashion.

## Tarteres of Eglentine berries.

**T**ake the berries and picke out al y white within them, and boyle them very tender in faire water, and when they be almost sod dry, put therin wine, and thrise or fourre Apples, and straine them. season them with sugar, synamon and ginger, so make a Tart without a couer.

## Tarte of Strawberies.

**S**eson your Strawberyes with sugar, a very little Synamon, a little ginger, and so couer them with a couer, and you must lay vpon the couer a morsell of swet Butter, Rosewater and Sugar, you may Ice the couer if you will, you must make your Ice with the white of an egge beaten, and Rosewater and Sugar.

## How to make a Tart of Briar hips.

**T**ake Hhippes and wasthe them, and boyle them in Claret wine, and straine them through a strainer, season them with Synamon

namon, ginger and Sugar, and make your paste, and fill it with the same stuffe.

## To make a Tart of Cream.

**T**ake Creame and Eggs and stir them togither, and put them into a strainer fill the whay be come out, then strain it that it may be thick, season it with Ginger, Sugar, and a little Saffron, and then make your paste with flower, and dry your paste in the Ouen, and then fill it, and set it into the Ouen to dry, and then take it out, and cast Sugar on it, and so serue it forth.

## How to make a good Marchpaine.

**F**irst take a pound of long smal almonds and blanch them in cold water, and dry them as drye as you can, then grinde them small, and put no licour to them but as you must needs to keepe them from oyling, and that licour that you put in must be rosewater, in manner as you shall think good, but wet your Westel therin, when ye haue beaten them fine, take halfe a pound of Sugar and more, and sic that it be beaten small in pouder, it must be fine sugar, then put it to your Almonds and beate them altogether, whe they be beaten, take your wasters and cut them compasse round, and of the bignes you will haue your Marchpaine, and then

assone as you can after the tempering of your stiffe, let it be put in your paste, and strike it abroad with a flat stick as cuen as you can, and pinch y<sup>e</sup> very stiffe as it were an edge set vpon, and then put a paper vnder it, and set it vpon a faire boord, and lay a latten Basin ouer it the bottome vpwarde, and thē lay burning coles vpon the bottom of the basin. To see hew it baketh, if it happen to bren too fast in some place, solde papers as broad as the place is & lay it vpon that place, and thus with attending ye shal bake it a little more then a quarter of an houre, and whē it is wel baked, put on your gold and biscuits, and stick in Comfits, and so you shall make a god Marchpaine. Or ever that you bake it you must cast on it fine Sugar and Rosewater that will make it look like Ice.

To make pottage of Cherries.

Fry white bread in butter til it be brown and so put it into a diuh, then take Cherries and take out the stones, and frye them where you fried the bread, then put thereto Sugar, Ginger, and Sinaunon, for lacke of broth, take White or Claret Wine, boyle these togither, and that don, serue them vpon your Toiles.

To

To poche Egges in broth.

Take faire licour and as much vergious, and new Pest, and put therin Corance, whole macc, sweet butter, and sugar, a good handfull of white Watts, and so boile them very tender, and so poche your Eggs in faire water sathing, and laye them vpon sops, and poure the broth and hearbs vpon.

To boyle yong Peason or Beanes.

Firste shale them and sethe them in faire water, then take them out of the water and put them into boylng milk, then take the yolks of Eggs with crums of bread, and ginger, and straine them thorow a strainer with the said milk, then take chopped percey, Haffcon and Salt, and serue it forth for Pottage.

To make carbonados of Mutton.

Cut a Leg of Mutton in thin fillets, and to make it tender chop it on both the sides with the back of a knife, so that they be not chopped thorow, then salt them well and lay them on a grediron, and broil them till they be inough, and with Vinagre and minced onions serue them forth.

To make a Haggas of Almain.

Take two Buts of Mutton, and frye them well from Skynnes and senowes, and

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and mince it with suet as small as you can, then take Dates and mince them smal, then take these Spices which follow, one ounce of Cozance clean washed, an ounce of Synamon, a quarter of half an ounce of Ginger and as much of pepper, and an ounce of Sugar with the yolkes of eight or nine Eggs, cleane syred from the whites Take also fine faire light bread grated, with a little Salt, and a portion of Saffron, and boile al these togither, then row these Cozance in Suet of a Caisse or Shape, then put them into a frying pan, and so let them into a hot ouen, and when they be brown turne them, and when they be baked, take them out and serue thre in a dish.

To dresse Chickins vpon Sorrell sops.

Take sorrell and beat it in a morter, and put in Mergions and strain it through a strainer, then cut fine Sops of white bread and lay them in a dishe, and put the sorrell sauce to the bread, put sinammon, ginger, and Sugar, with butter to your sauce, the rest your Chickins and serue them forth.

How to make sops of Almain.

Take white wine with Ware or Ale, and put therein white bread, yolkes of Eggs Sugar

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sugar and sinammon, with Salt and saffron, strain these and boile them a little togither then cut white bread into your dishe, and put the pottage to it, and so serue it forth.

How to make Tostes.

Take the Kidneye of Vele when it is rosted, and chop it very fine, then take and put it in a dish, put in the polks of thre eggs put in Synamon, Ginger and sugar, take a little Rosewater and put to it, take white bread and cut it like diamonds, and toste a little, set all your stuffe on a Chafingdishes with Coles, and stirre it and sprad it vpon the Tostes, take the yolk of an Egge, and with a fether base them over, then bake them in a pan and set them in a dishe, and cast Sugar on them.

To make Jelly.

Take Calues teste and fley them, and faire walthe them, and set them on to scathe in faire licour, and faire scum them, and when they be tender sod, faire straine out the licour, and see your licour be verye clere, and put your licour into a pot, if there be a pottle of it, put a pottle of claret wine vnto it, and two pound Sugar, a quartern of sinammon, half a quartern of ginger, an ounce of Nutmeggs, an ounce of grains, some

## A Booke

Some long Pepper, a fewe Cloues whole, a few Coliander sads, a little salt. Songl. See being faire wasted and lare in water a day before, Turnsole being a red by the sun and drited, and when they be wel sod, let it run through a bag, and put two whites of Eggs in the bag.

### To make an Apple Moise.

**R**ote your Apples very fair, and when you haue so don, poele them and strain them with the yolk of an Egg or twaine, and Rosewater, and boile it on a Cheking-dish of Coles with a pace of sweet Butter, put in sugar and ginger, and when you lay it in your dish, cast sianamon & Sugart on it.

### To make a dish of Snow

**T**ake a pettle of swat thick Creme, and the white of eight Eggs, and beate them altogether with a spone, then put them into your Creme with a dish full of Rosewater, and a dish full of Sugar withall, then take a sick and make it ecan, and then cut it in the end four square, and therwith beat all the aforesaid things together, and ever as it ariseth, take it off, and put it into a Cullender, this don, take a platter and set an Apple in the midst of it, and lick a thick bush of Rosemary in the Apple. Then cast your

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your Snow vpon the Rosemary & fill your platter therwith, and if you haue wafers, cast some withall, and so serue them forth.

### To make white Ginger bread.

**T**ake Gumma Dragagantis half an once, and staepe it in rosewater two dates, then put thereto a pound of Sugar beaten & finely serced, and beate them well together, so that it may be wrought like paste, then role it thin into two Cakes, then take a fewe Jordain almonds & blaunch them in colde water, then dry them with a faire Cloth, and Stampe them in a morter very finelye, adding thereto a little rosewater, beat finely also the whitest Sugar you can get and searce it. Then take Ginger, pare it and beat it very small and serce it, then put in sugar to the almonds & beat them togither very well, then take it out and work it at your pleasure, then lay it euen vpon one of your cakes, and couer it with an other and when you put it in the molde, strewe fine ginger both aboue and beneath, if you haue not great store of Sugar, then take Rice and beat it small and serce it, and put it into the Morter and beat them altogether.

C.

To

## To to make Bennets.

**P**ut butter and water ouer the fier in a faire pan, and when it boyleth put thereto fine flower and Salte, and so let them boyle, but stir them well for brenning, and when it is wel thick, put it into an earthen pan, the b<sup>e</sup>reak Egs into it and boyle them so togither, then boyle a god quantitye of Butter clarified ouer the fire, and with a spoon put in your other stufte and so frye them till they be browne, and that done, serue them sowth with Sugar on them.

## How to make Pomages,

**T**ake a quart of red wine o<sup>r</sup> swēt wine, and v<sup>er</sup> o<sup>r</sup> vj. well watrihe Apples, pare them and cut them in pæces and cast away the cores, then put the apples with y<sup>e</sup> wine into a pot and boyle the on the fire till they be tender, and take a manchet lōse and cut it in thin pæces and cast it into the pot, the when the apples be tender, put to them a quarter of a pound of Sugar, but draw the thzough a strainer before, and also an ouce of S<sup>i</sup>namon halfe a quarter of an ounce of ginger, and boyle al these togither in a chaser o<sup>r</sup> a pot, and then take them out again, and put the into a faire bason o<sup>r</sup> in a char-  
ger,

ger, then make a dredge of sinammon, sugar and Ginger, but most of Sugar, and dress your Pomages in faire dishes, then call in your dredge and serue it out hot o<sup>r</sup> colde.

## To make Farts of Portingale.

**T**ake a quart of lime Honey, and set it vpon the fire and when it setteth scum it clean, and then put in a certaine of fine Biskets well serced, and some pouder of Cloues, some Ginger, and powder of Sina-  
mon, Annis seeds and some Sugar, and let all these be well stirred vpon the fire, til it be as thicke as you thinke needfull, and for the paste for them take ffower as finelye dressed as may be, and a god pæce of swēt Butter, and worke all these same well to-  
gether, and not knead it.

## A French Puffin.

**T**ake and make a verye fine pæce of  
paste with yolkes of Egs and swēte  
butter and sugar: and drīve your cakes ver-  
y thin and fine, six o<sup>r</sup> seauen, and put but-  
ter molten betwæne euerye one of them,  
make your cakes little round ones, and let  
there be a god deale of Butter in the dish  
bottom and then set them in the Ouen till  
they be bakedinough, then crew on sugar  
vpon it and serue it out.

## A buttered Loafe.

**T**ake very fine flowre and yolks of Eggs, swæt butter, yely, cloues, mace, sugar, sinamon, ginger, and woorke it togither and make them in little loues, and when they are baked inough, set a god deale of swæt butter vpon a chafing dish and coles, thē cut your loaf in thre pæces and butter it, then strew sugar betwixt every pæce and serue it out.

## For brenning meates.

**T**ake wine and god Ale, and fill thē well togither and they will then bren, and this is god for Sewes or dish meates, and all other meates that a man will haue brenning.

## To make Almond Butter.

**B**lanch two pound of Almonds and bray them small in a Morter, but put no Li-cour to thē of a god while, but bray them as small as you can, and whē they be small inough, cast a little water to them into the Morter, then draw them through a Strainer as you can, then put it into a faire pot with a quarter of a pound of sugar, and set it on the fire, but stir it well for burning, and put in a little Salt, but not too much, and when it boyleth take it from the fire,

and

and put to it a god quantitie of Damask water or rosewater with an eye of saffron, but not too much, then take a faire Cloth of an elle long, and lay the butter vpon it, and let the cloth be held strait, and draw vnder the same cloth with a Ladle, that the wa-ter may come clean from it, and thē draw it aboue in y midſt of the cloth, and knit the corners of the cloth togither, and so hang it vp and let it dry, and then dresse it into dishes, and print it as you do butter, and plant it with kernels of Pomegranets, and so serue it forth.

## To make Almond milk hot.

**T**ake blanched Almonds and bray them smal, then with faire water draw them through a Strainer, and make them not too thin nor too thick, and then put them into a pot with a quarter of a pound of sugar and let them boile ouer the fire, and when they boyle take them from the fire, then take a manchet loaf and cut it in thin pæces, steep it in a pinte of White wine, as Bastard, Tire, or Paulmsie, then call it into Almond Milk and dresse it in fair dishes, and so serue it forth.

## To make Ipocras.

**T**ake a gallon of Wine, and an ounce of Synamon, two ounces of Ginger, and a pound of Sugar, twenty cloues brased, and twenty corns of pepper groce beaten, and let all those soke one night, and let it run through a bag.

To make Conserue of Quinces after the manner of Spaine.

**T**ake six or seuen pound of Quinces, and two gallons and a halfe of water, and set your water on the fire till it be thorow warm, then put thereto the whites of two Eggs, shels and all, and all to stir it with a Hick, and then let it stand vpon the fire till it eas a great scum. Then take of the said scum, and put thereto five pound of Sugar, and let it stand till it be molten, and a little while after, and then take it from the fire, and let it run through a woollen cloth of Cotten, and then put in your Quinces cleapared and the cores clean taken out, and so set them vpon the fier the space of an houre and a halfe, and then take them of the fier, and strain them through a canvas cloth water and al, and then set them vpon the fire again & let them seethe the space of two houres & a halfe, and all that time stir it with Hickes with broade endes, and to know

know when it is inongh, lay it vpon a bor lid, and when it commeth vp cleane it is enough.

To make Conserue of Orenge.

**T**ake Orenge and pare them very thin the red of the out sides away, and quarter them in four, and take away the white of the inside, then seeth them in faire water softlye so; breaking, ofte change them in warm water til they be soft: as the yellownes dooth seeth away, so weareth away the bitternes, then take them out of the water and lay them in a fair vessell that the wa-ter may run away from them, then beaste them small with a spone, and put to euery pound of Orenge one pound of sugar, and half a pound of Rosewater, and boile them togither and boxe them.

To preserue Orenge.

**T**ake your Pillies and waler them two nights and one day, and dry them clean againe, and boyle them with a soft fire the space of one hower, then take them out to cole, and make your sirrop half with rose-water and half with that liquo: & put double sugar to your Orenge, and when your sirrop is halfe sodden, then let your Orenge seethe the one quarter of an houre more, then take out your Orenge & let the sirrop seeth vntill

vntill it rope, and when all is colde, then put your Drenges into y sirrop: the white of an Egge and Sugar beaten togither, will make it to candie.

To make sirup of Violets.

Fr<sup>e</sup> gather a great quanty whole of Violet flowers and picke them cleane from the stalkes and set them on the fire, and put to them so much rosewater as you think good then let them boyle altogether vntill the colour be forth of them, then take thē of the fire and straine them through a fine cloth, then put so much Sugar to them as you think good, then set it againe to the fire vntill it be somewhat thick, and put it into a violi glasse.

To make Cherries in confection.

Take ripe and chosen cherries, cut of half the stalks and put them in a frying pan ouer a soft fire, for every pound of Cherries strew vpon them a pound of good white sugar in pouder, saeth them so till y third part be wasted, when they are sod put in a littele Rosewater with a few cloues, and sinnen man beaten togither, then let them coole two or thre<sup>e</sup> houres, and then put them into your pots.

To make Prunes in confection.

Take

Take Prunes of damaske & do like with them as you did with cheries, save that for every pound of Prunes take xv.ounces of sugar, and that there must be wasted the fourth parte of the sirrup awaye, and that the Cloues and Sinnen man must be but halfe brused, or els both be a like.

Marmalade of Quinces or any other thing.

Take the Quinces and quarter them, and cut out the Cores and pare them clean, and saeth them in faire water til they be very tender, then take them with rosewater and strain them, and do as is aforesaid in every thing.

To preferue Quinces.

Faire coore your Quinces and saethe Lys cour vpon the fire, and put in the cores, and saeth them very well with two or thre<sup>e</sup> pieces of Quinces, and then put in your Quinces, and let them boyle very softlye till they be tender, then take vp your quinces, and set them faire vpon a cloth, and let your Licour saethe a great while till it be somewhat high coloured of the Quinces, and then when the licour is colde, and the Quinces be colde, then put in your Quinces againe and so faire couer them.

These

A Book  
These wil serue to bake or make tartes all  
the yere.

To preserue Orenge, Lemmons, and  
Pomecitrone.

First haue your Orenge finely, and put  
them into water two dayes and two  
nights, changing your water thre times a  
day then perboyle them in thre severall wa-  
ters, they take so much water as you think  
conuenient for y quantity of your Orenge  
they put in for every pound of Orenge, one  
pound & a halfe of sugar into the water, and  
put in two whites of Eggs & beat them al-  
together, then set them on y fire in a brasse  
vessel, and when they boile, scum them ve-  
ry clean, and clese them through a Jelleye  
bag then set it on the fire & put in the ozen-  
ges. Use walnuts in like manner, and use  
Lemmons & Pomecitrone in like sort, but  
they must lye in water but one night.

To preserue all kind of fruits that they shall  
not break in the preseruing.

Take a Platter that is plaine in the bot-  
tom and lay Sugar in the bottom, then  
Cherries or any other fruit, and so between  
every row you lay, thraw sugar and set it  
upon a pots head, and couer it with a dish,  
and so let it boyle.

FINIS.

\* The Table of the thinges contained  
in this Booke.

The order howe meates should be serued at the Table, both flesh and Fish, with their sauces.	white broth. 5
Folio. 1. & 2.	Another to boyle a capon in white broth. 5
Sauce for Capons & Turkye Fowles. 3	To make sops for chickins. 6.
Sauce for roasted Stockdous. 3	To boyle a capon in browes. 6.
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For Capons, Fesant, Partridges or Wood- cocks. 3	To boyle a capon with Orenge or Lemmons. 6.
Chaldrone for a Swan. 4	To boyle a cunnye with a pudding in his belly. 7.
Gallandine for a Crane, Heron, or any other Fowle that is black meat. 4	To boyle chickins or capons. 7.
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To stew a Capan. 4	To boyle chickins with hearbs. 7.
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